

March 10, 2006

Our Next Meeting in Zumbrota

Thursday, March 30,
2006.

6:45 PM: Registration
and refreshments.

7:00 PM: Meeting
starts.

8:30 PM: Meeting ends.

Zumbrota Public Library
100 West Avenue
Zumbrota, MN

West Avenue is one
block west of Main
Street (State Highway
58). The library is just
north of W. 2nd Street
(County Highway 68).

Our Next Meeting in Red Wing

Tuesday, April 4, 2006.

11:45 AM: Registration
and lunch. (Note: Please
RSVP if you plan to eat
lunch)

noon: Meeting starts.

1:00 PM: Meeting ends.

Goodhue County Public
Health Service
512 West 6th Street
Red Wing, MN

The Public Health Ser-
vice entrance is on West
6th Street, between
East Avenue and West
Avenue, across the
street from the Presby-
terian church.

Smoke-free News

Growing Our Coalition The Grassroots Way

Our most recent meetings in Zumbrota and Red Wing provided our members with training in grassroots organizing. This method grows an organization from the ground up and builds a broad membership base throughout the community. Grassroots organizing has been the key to success for other communities in Minnesota that have passed smoke-free workplace ordinances.

Survey results from Minnesota show that there is a silent majority who support what we are doing. Our challenge is to connect

with them, and get them involved. Nothing can ever take the place of one person inviting another person he or she knows to support our effort. "People asking people" has been shown time and again to be the most effective way to get people involved.

Those who attended our two recent meetings were shown a simple yet powerful method for asking people to support smoke-free workplaces in Goodhue County. They also had an opportunity to practice what they had just learned - on each other!

We had great groups at both training sessions. They will be putting what they learned to work over the next few weeks. We look forward to hearing from them about their recruiting experiences and to welcoming a group of new members at our next meetings.

Susan Johnson and Tom Wolff have been taught how to give this training to our members. We will schedule additional training sessions whenever needed. (see Sign Up Today!)

Meetings Now At Two Locations

We have begun to implement our plan to hold meetings at several locations around the county. A meeting was held March 3, 2006 in Zumbrota. The same agenda was repeated on March 7, 2006 in Red Wing. Thank you to everyone who attended those meetings.

As our coalition continues to grow, we expect to add additional meeting locations. We want to make it as easy as possible for people to attend. Your participa-

tion will make our coalition a success.

We realize that many of our members are not able to attend meetings on a regular basis. If you can only come to one or two meetings, you can still make a significant contribution to our success.

We need to hear your ideas. Just as important, our members are our eyes and ears in their communities. We can't succeed without your help.

Sign Up Today!

Sign up for grassroots training and help us grow. This training gives everyone the opportunity to make a direct contribution to our success.

It only takes a little bit of your time to get trained and put your training to use. We are making a list of people who would like to attend future grassroots training sessions. Please contact Tom Wolff or Susan Johnson to add your name to the list.

HOW TO CONTACT US

Tom Wolff
Goodhue County Public Health Service
512 W. 6th Street
Red Wing, MN 55066
Phone: 651-385-6142
Fax: 651-385-6472
E-mail: tom.wolff@co.goodhue.mn.us

Susan Johnson
Goodhue County Public Health Service
512 W. 6th Street
Red Wing, MN 55066
Phone: 651-385-6157
Fax: 651-385-6472
E-mail: susan.johnson@co.goodhue.mn.us

Citizens for a Smoke-free Goodhue County is a group of concerned citizens from all parts of our county. Our current state law, the Minnesota Clean Indoor Air Act, is outdated. It gives protection from secondhand tobacco smoke to many occupations, but gives no protection to other occupations. Everyone has a right to breath smoke-free air at work.

Local governments in cities and counties across Minnesota have taken the lead to protect their citizens from secondhand smoke in the workplace. It is time for our county to take action and ensure everyone is protected from this well documented public health hazard. Everyone's health is important. No one in Goodhue County should have to choose between their health and their paycheck.

Citizens for a Smoke-free Goodhue County has partnered with the Goodhue County Public Health Service, Blue Cross Blue Shield of Minnesota, the American Cancer Society, and the Minnesota Partnership For Action Against Tobacco. Our goal is a smoke-free workplace ordinance for Goodhue County.

One Person Can Make A Difference



Heather Crowe - "Waiters and waitresses don't have second-class lungs. There's no reason why we should have second-class protection for our health."

Heather Crowe, from Ottawa, Ontario worked as a waitress for over 40 years. She worked to support herself and her daughter. She never smoked a day in her life. She was diagnosed with lung cancer in March 2002.

How does a non-smoker end up with lung cancer? Exposure to asbestos or radon, and some high risk jobs in mining and smelting can cause lung cancer. These were all ruled out in Heather's case. The only significant exposure to a cancer causing substance in Heather's life was her exposure to secondhand smoke while she was working. "The air was blue where I worked."

Heather was treated with radical radiochemotherapy. Her cancer

went into remission. Unfortunately, the average life expectancy for someone with a tumor like Heather's is only two to three years.

Heather was greatly angered by her experience. She decided to channel that anger in a positive direction. She began an amazing effort to increase public awareness about secondhand smoke in Canada. She was featured in the media and made personal appearances all across the country to encourage local and provincial governments to enact smoke-free workplace laws. Heather's campaign has been very successful. One of the television spots with her message has even been broadcast here in Minnesota.

The most recent update on her health was issued on February 21, 2006. Heather is losing ground in her fight with cancer. She had further radiation treatment this year for tumors in her brain. On February 16, 2006 she was admitted to a hospice in Ottawa. She is in a great deal of pain.

Nonsmokers in Canada aren't the only ones at risk for lung cancer caused by secondhand smoke. Every year, about 3,000 nonsmokers in America die from lung cancer caused by exposure to secondhand smoke.¹

Smoke-free workplace laws save lives. We need your support to make our county a safe place for everyone to work.

¹ Centers for Disease Control and Prevention. "Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses—United States 1997-2001." MMWR. 2005; 54: 625-628

For more information about Heather Crowe:
www.smoke-free.ca/heathercrowe/heathers-story.htm

www.smoke-free.ca/heathercrowe/pdffiles/Heather%20Crowe%20Bro.%20Horiz%206.pdf

www.hs.sc.gc.ca/hl-vs/tobac-tabac/fact-fait/fs-if/tvheather-teleheather_e.html